

Table 1

School Breakfast Menu Criteria Healthier Montana Menu Challenge

Menu Criteria	Clarification
Three different fruits are offered each week. (includes fresh, frozen, dried or canned in own juice or light syrup)	100% fruit juice can be counted one time per week.
Fresh fruit is offered at least two times per week.	
Whole grain items are offered at least three times per week.	
Protein-rich foods (meat and meat alternates such as cheese, yogurt and peanut butter) are offered at least three times per week.	
When daily choices are not offered, higher fat entrée items are limited to once per week. When choices are offered, a student must be able to select a lower fat entrée ($\leq 40\%$ of total calories from fat) each day.	A higher fat entrée item is defined as having $\geq 40\%$ of calories from fat, excluding nuts, seeds, and nut butters.
Limit the sale or service of high sugar breakfast cereals and other high sugar items (≥ 12 grams of sugar per one ounce serving) to one time per month.	
Limit the sale or service of baked goods (like donuts, sweet rolls, maple bars and toaster pastries) to one time per month.	
Only low-fat (1%) and fat-free (skim) milk are offered daily.	
Menus meet the USDA School Meals Initiative (SMI) nutrient standards.*	Verification of schools meeting the School Meals Initiative (SMI) nutrient standards will be based upon the most recent SMI review conducted by the Montana Office of Public Instruction.

Montana schools will be recognized for serving healthy breakfast menus based upon the 2005 Dietary Guidelines for Americans. As part of a colorful, eye-appealing and tasty breakfast, these criteria focus on:

- Providing adequate calories
- Increasing fiber
- Serving fewer processed foods or using healthier processed food items
- Increasing fruit choices, including good Vitamin C sources
- Increasing protein for balanced nutrition
- Offering low-fat milk (1%) and nonfat (skim) milk

*School breakfast menus must meet the USDA's School Meals Initiative (SMI) nutrient standards. Please refer to *A Menu Planner for Healthy School Meals*, found at <http://teamnutrition.usda.gov/Resources/menuplanner.html>, for the specific nutrient standards and meal patterns for breakfast meals.